

## PS 7 Middle School DECEMBER 2019



## **Comfort Foods (Line B)**

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2	3	4	5	6
BURGER MAC	BURRITO	NACHOS	BUFFALO	PIZZA
W/VEGETABLES	W/RICE & BEANS		CHICKEN SALAD	DAY!
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•	4.0	4.4	40	40
9	10	11	12	13
9 SWEET & SOUR	CHICKEN TENDER	11 POPCORN CHICKEN	BAKED POTATO	13 PIZZA
SWEET & SOUR CHICKEN	CHICKEN TENDER	POPCORN CHICKEN	BAKED POTATO	PIZZA
SWEET & SOUR	CHICKEN TENDER	POPCORN CHICKEN	BAKED POTATO	PIZZA
SWEET & SOUR CHICKEN W/ EGGROLL	CHICKEN TENDER BASKET	POPCORN CHICKEN BOWL	BAKED POTATO BAR	PIZZA
SWEET & SOUR CHICKEN	CHICKEN TENDER	POPCORN CHICKEN	BAKED POTATO BAR	PIZZA
SWEET & SOUR CHICKEN W/ EGGROLL	CHICKEN TENDER BASKET 17	POPCORN CHICKEN BOWL	BAKED POTATO BAR	PIZZA
SWEET & SOUR CHICKEN W/ EGGROLL 16 BACON	CHICKEN TENDER BASKET  17 BBQ Chicken	POPCORN CHICKEN BOWL  18	BAKED POTATO BAR	PIZZA
SWEET & SOUR CHICKEN W/ EGGROLL  16  BACON CH. BURGER	CHICKEN TENDER BASKET  17  BBQ Chicken Corn on The Cob	POPCORN CHICKEN BOWL	BAKED POTATO BAR	PIZZA
SWEET & SOUR CHICKEN W/ EGGROLL 16 BACON	CHICKEN TENDER BASKET  17 BBQ Chicken	POPCORN CHICKEN BOWL  18	BAKED POTATO BAR	PIZZA

## Snack Bar (Line C)



Cold Sandwiches & Wraps Made Fresh

#### **Daily Sandwiches**

Turkey & Cheese

Ham & Cheese

Tuna Sandwich

#### Wraps: Rotating Selection

Crispy Chicken Wrap Deli Wrap

Turkey Wrap



Daily Salad Bar & Condiments

Monday Carrots, Diced Fruit
Tuesday Jicama, Kale, Fruit

Wednesday Tomato & Cucumber, Salad

Thursday Beets, Potato Salad

Friday Carrots & Celery, Spinach







## **Grill Options (Line A)**

Monday	Tuesday	Wednesday	Thursday	Friday
Classic Cheese Burger	Chicken Sandwich	Cheese	BBQ Rib Sandwich	Chicken Parm Sandwich
Daily Side	Daily Side	Burger	Daily Side	Daily Side
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
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Low-fat milk is served with every breakfast and lunch. Some other menu items may change due to availability of products. Questions, concerns or feedback: Please call Director of Dining Services Cathy Renner at 916.649.7844. USDA and this institution are equal opportunity providers.

### Mobile Cart (Line D)

A rotating selection of popular items will be avaialbale on our mobile cart

See reverse for student and non-student meal pricing



# PS7 Middle School DECEMBER 2019



## **Breakfast**

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2		4	5	·
Build Your Own	Build Your Own	Build Your Own	Build Your Own	Build Your Own
Oatmeal Bar	Oatmeal Bar	Oatmeal bar	Oatmeal Bar	Opatmeal Bar
Egg Scramble	Chocolate Muffin	Sausage & Cheese	Mini Strawberry	Chocolate Banana
		Biscuit	Panacakes	Benefit Bar
9		11		
NO	Build Your Own	Build Your Own	Build Your Own	Build Your Own
SCHOOL	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar
	Cheese Omelet	Sausage & Cheese Bagel	Yogurt and Muffin	Breakfast Pizza
16		18		
Build Your Own	Build Your Own	Build Your Own		
Bagel Bar	Bagel Bar	Bagel Bar		
Sausage Biscuit	Cheese Omelet	Pancakes		
		with Syrup Burst ood Fast: Packaged for Gr		
7057	Monday Asian Chicken Salad Tuesday Chopped Chicken Salad		Fruits Craire	
			Chopped Chicken Salad	
	Wednesday	Wednesday Asian Chicken Salad		
	Thursday Chopped Chicken Salad		Choose MyPlate.gov	
	Friday Asian Chicken Salad		Asian Chicken Salad	ChoosePlyPlate gov

St. HOPE Public Schools is participating in the Community Eligibility Provision for its meals program during the 2019-20 school year.

This means St. HOPE is able to provide **one free breakfast** and **one free lunch** to each enrolled student in attendance during designated meal times each school day as part of the School Breakfast Program and National School Lunch Program.

There is no need for families to apply for this program. Every enrolled student qualifies.

Non-student pricing is \$2.00 for breakfast, and \$3.99 for lunch.

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